

# *Community Health Improvement Plan*

**Levy County**

January 2018

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## Overview

Community health needs assessment (CHNA) and community health improvement planning (CHIP) activities for Levy County in 2017 have utilized the Mobilizing for Action through Planning and Partnerships (MAPP) framework, developed by the National Association of County and City Health Officials and the Centers for Disease Control ([www.naccho.org/topics/infrastructure/mapp/](http://www.naccho.org/topics/infrastructure/mapp/)). These activities were funded, in part, by the Florida Department of Health-Levy County (FDOH-Levy) and Family Medical in their efforts to promote and enhance needs assessments in Levy County.

The MAPP process consists of six phases:

*Phase 1 - Organizing for Success*

*Phase 2 – Visioning*

*Phase 3 - The Four MAPP Assessments*

- Community Health Status Assessment (CHSA)
- Local Public Health System Assessment (LPHSA)
- Community Themes and Strengths Assessment (CTSA)
- Forces of Change Assessment (FCA)

*Phase 4 - Identify Strategic Issues (CHIP activity)*

*Phase 5 - Formulate Goals and Strategies (CHIP activity)*

*Phase 6 - Action Cycle (Program Planning, Implementation and Evaluation)*

The CHSA provides insights into the current health status and key health system and health outcome indicators in a community. The LPHSA provides a community self-assessed report card for the local public health system (all partners with a vested interest in the public's health, not just the local health department). The CTSA allows members of the community to offer insights as to the key issues, strengths and weaknesses associated with the local public health system. And finally, while the FCA asks key leaders in the community in a variety of critical sectors what they believe will be the emerging threats, opportunities, events and trends that may either enhance or hinder a community's ability to address its most pressing healthcare issues.

Collectively, the results of the four MAPP assessments conducted for Levy County provide input to the community in order to identify strategic issues and formulate goals and objectives, activities which comprise the core of a CHIP process. Ultimately, a cycle of actions will emerge that include program planning, program implementation, policy change and ongoing evaluation to improve community health. This document provides a summary of key findings in each of the four key MAPP assessment areas (CHSA, LPHSA, CTSA, and FCA) and presents the Levy County Community Health Improvement Plan.



## Key Community Health Needs Assessment Issues

The following is a brief bulleted list of key insights each of the four assessments that comprised the MAPP CHNA. Ultimately, these key insights provided input to the CHIP process for Levy County.

### Community Health Status Assessment

Key insights of this section include:

- Low income, high poverty and limited economic base continue to be leading predictors of health outcome and health access in Levy County.
- Levy County continues to exceed the state death rates for most of the ten leading causes of death in Florida.
- For the period of 2010-2015, there was a total of eleven (11) infant deaths for that period.
- Disparities were seen in the death rates for diabetes, stroke, HIV, and Influenza and Pneumonia among Blacks as compared to Whites.
- Overall, poor health behaviors are on the rise in Levy County as measured by the Behavioral Risk Factor Surveillance System (BRFSS).
- There has been a slight rise in mental health emergency department visits in Levy County.
- The most recent estimates (2015) for the uninsured put the uninsured rate of 17.4% in Levy County non-elderly residents. Slightly higher than the state of Florida.
- Levy County is near the bottom third of counties in Florida based on health rankings from the Robert Wood Johnson Foundation and the University of Wisconsin.
- Life expectancies of residents of Levy County are substantially lower than state and national averages.
- Overweight and Obesity rates in Middle and High School aged youth in Levy County were on the rise through 2015.
- Overweight and Obesity rates in adults exceeded the state average.
- In 2015 avoidable emergency department visits that were related to oral health, 94.8% were avoidable.
- Only 48% of adults in Levy County visited a dentist in the past year.

### Local Public Health System Assessment

The LPHSA asks the question: “How well did the local public health system perform the ten Essential Public Health Services?” The ten Essential Public Health Services (EPHS) include the following:

1. Monitor Health Status to Identify Community Health Problems
2. Diagnose and Investigate Health Problems and Health Hazards
3. Inform, Educate, and Empower People about Health Issues
4. Mobilize Community Partnerships to Identify and Solve Health Problems
5. Develop Policies and Plans that Support Individual and Community Health Efforts
6. Enforce Laws and Regulations that Protect Health and Ensure Safety
7. Link People to Needed Personal Health Services and Assure the Provision of Health Care when Otherwise Unavailable
8. Assure a Competent Public and Personal Health Care Workforce



9. Evaluate Effectiveness, Accessibility, and Quality of Personal and Population-Based Health Services
10. Research for New Insights and Innovative Solutions to Health Problems

During the LPHSA, a cross-sectional group representing the local public health system was convened and asked to score the system in each EPHS area. Then each EPHS was given a composite value determined by the scores given to those activities that contribute to each Essential Service. These scores range from a minimum value of 0% (no activity is performed pursuant to the standards) to a maximum of 100% (all activities associated with the standards are performed at optimal levels).

Based on the self-assessment of the cross-sectional group representing the local public health system partners, the Essential Services that received the lowest scores were ES 10 (research and innovation), ES 4 (mobilize partners to identify and solve health problems), and ES 1 (monitor health status to identify community health problems). The Essential Services that received the highest scores were ES 2 (diagnose and investigate health problems), ES 6 (enforce laws and regulations that protect health and safety) and ES 8 (assure a competent workforce). The average score for all ten ES in Levy County was 50. The three highest scores indicate that the Levy local public health system provides these services at significant or optimal levels. The remaining scores fall in the moderate activity category; no Essential Service was scored at minimal or zero. There were similarities in the 2011 and 2017 LPHSA results. Both assessments yielded an average score of 50 and Levy County public health system partners ranked ES 2 (highest score), ES 5 (develop plans and policies, ranked 4th), ES 7 (link people to services, ranked 5th) and ES 4 (ranked 9th) in the same order both times. The 2017 LPHSA scores indicate that Levy County had gains in the areas of enforcing laws and regulations (ES 6) and workforce competency (ES 8) while slipping in the capacity to educate and empower people about health issues (ES 3) and monitor health status (ES 1).

## Community Themes and Strengths Assessment

### KEY FINDINGS FROM COMMUNITY SURVEY

The vast majority of respondents in Levy County identified themselves as White Non-Hispanic (70.0%), followed by Black or African American (16.0%). Survey respondents in Levy County were more than three times as likely to be female (78.0%) rather than male (18.0%). Respondents' views concerning their personal health and overall health of residents in Levy County differed some with 42 individuals (42.0%) rating their personal health as 'somewhat healthy' and 28 individuals (28.0%) rating their personal health as 'healthy'. Almost half of all respondents reported their county's health as 'somewhat healthy' (48.6%). Unlike with personal health, 35.2% reported the overall health of residents of their county 'unhealthy'. Respondents were also questioned concerning their perception of the three most important factors that define a "Healthy Community." One fifth (20.0%) of respondents identified access to health care as an important factor, followed by job opportunities for all levels of education (13.0%). When asked what health problems have the greatest impact on the overall health of people in their county, levels of concern were highest in the areas of substance/drug abuse (10.9%), followed by access to primary care (8.4%) and obesity (7.4%).



Based on perceptions shared during Community Themes and Strengths Assessment (CTSA) survey, participants highlighted the following areas (in ranking):

- Most important factors that define a healthy community:
  1. Access to health care
  2. Job opportunities for all levels of education
  3. Affordable housing
  4. Clean environment
- Behaviors with the greatest negative impact on overall health:
  1. Drug abuse
  2. Alcohol abuse
  3. Eating unhealthy foods/drinks
  4. No physical activity
- Most important health problems in the community and confidence in community's ability to make a substantial impact on health-related issues:
  1. Substance/drug abuse – Not very confident to somewhat confident
  2. Access to primary care – Somewhat confident
  3. Obesity - Not very confident to somewhat confident
  4. Dental problems - Somewhat confident
  5. Mental health problems – Not very confident to somewhat confident
- Reasons why individuals did not receive dental, primary, and/or mental care
  - Dental
    1. Cost
    2. No dentists available
    3. No appointments available/long wait times
    4. Transportation
  - Primary Care
    1. Cost
    2. No appointments available/long wait times
    3. Transportation
    4. No primary care providers available
  - Mental Health
    1. Cost
    2. No appointments available/long wait times
    3. No mental health care providers available
    4. Transportation

## **OBSERVATIONS FROM PROVIDER SURVEY**

A total of five health care providers responded to the survey including three Advanced Registered Nurse Practitioners, one Mental Health Counselor, and one Physician. Four of the five (80.0%) health care providers considered access to health care and healthy behaviors among the most important factors that define a “Healthy Community.” The health care providers agreed (100%) that obesity is among the five most important health problems in Dixie, Gilchrist and Levy Counties. Sixty (60%) of providers also ranked mental health problems among the top five issues, followed by access to primary care, dental problems, diabetes, respiratory/lung disease, and substance abuse which were ranked in the top five by 40% of providers. The overall health-related quality of life in the Tri-County area was scored as fair by



60% of providers. The two issues that were rated as big problems for Dixie, Gilchrist and Levy Counties by 100% of providers include availability of mental health services and the lack of specialty care doctors. The cost of health insurance was identified by 80% of providers as a big problem. Transportation and the cost of health care services also ranked as big problems by 60% of providers who took the survey. Among the strategies to improve health in Dixie, Gilchrist and Levy Counties most frequently mentioned by health care providers are increasing access to dental, mental health and outreach services, while focusing on issues of the uninsured and indigent populations.

## Forces of Change Assessment

On June 9, 2017, the Levy Steering Committee team convened a group of community leaders to participate in this Forces of Change Assessment. Prior to the meeting, WellFlorida Council distributed a forces of change brainstorming tool as well as a threats and opportunities worksheet and encouraged invitees to the meeting to begin to brainstorm the possible forces that may hinder or help the community in its quest for improvement in community health outcomes. Forces of change discussions were held after the original community health assessment process in conjunction with ongoing community health improvement activities. Key themes in the forces of change discussion included:

- Social/Economic barriers
  - Weak economy leads to lack of jobs/high paying jobs
  - Limited emergency assistance (food, utility bills)
  - Rising costs of health care
  - Few dentists, especially adult
  - Inappropriate use of the emergency department
  - Aging population/lack of care for caregivers
  - Increase in overweight and obesity rates
  - Tobacco use including vaping
  - Substance abuse/opioid drugs
  - Low health literacy
  - Infant deaths due to unsafe sleeping practices
  - Teen pregnancy
  - Unintentional injuries
  - Salt water intrusion
- Service needs and barriers
  - Public transportation
  - Dental services
  - Mental health services
  - Lack of health and nutritional focused services
- Potential resources available
  - School system
  - Health Department
  - Faith-based services
  - Chamber of Commerce
  - Tri-County Community Resource Center
  - Mobile Services
  - Family Medical
  - College of Central Florida Levy Campus



## Levy County CHIP Methodology

To conclude the MAPP community health needs assessment, the Core Community Support Team, a group representative of the local public health system partners, was re-convened to identify some potential next steps for Levy County in addressing its most pressing needs and issues. Partners met to brainstorm issues and concerns. To conclude the session, participants also identified and discussed some potential strategic actions to pursue in order to address and possibly make improvements in these priority issue areas.

Potential next steps identified included:

- Utilize results of four MAPP assessments to drive a process of developing community-identified strategic priorities with goal statements and strategies.
- Utilize results of the four MAPP assessments to create a community health improvement plan (CHIP).

Members of the Levy County CHIP Committee met in-person for three meetings (October 25, 2017, November 29, 2017, and February 28, 2018) to take the input of the MAPP needs assessment, steering committee recommendations and identify the priority issues and formulate a response to those issues which ultimately became the CHIP.

During the October meeting, members dissected the key insights of the needs assessment and brainstormed a list of key community health issues and partners that could be utilized. The second and third meetings were used to select strategies and develop action plans for the selected strategies.

## Levy County CHIP (Goals, Strategies and Objectives)

A key component of Levy County's CHIP is an overarching strategy to conduct a community outreach in March of 2018 to present the results of the needs assessment and the CHIP to the key leaders and decision makers in Levy County including representatives of:

- Levy County Board of County Commissioners;
- City Commissions;
- County and City Managers;
- Clerks of County and Cities;
- Levy County Sheriff's Department;
- City Police Departments;
- UF-IFAS Extension Office;
- Emergency Medical Services;
- Levy County Health Department;
- Family Medical;
- Levy County School Board and Public Schools;
- Ministerial Association and Churches;
- Physicians and Dentists;
- Meridian Behavioral Health;
- Local Libraries;
- Levy County School District;
- Tri-County Community Resource Center;



## Levy County Community Health Improvement Plan (CHIP) - 2018

- Community Organizations (Chamber, Rotary, etc.);
- Social Services Providers;
- Department of Children and Families;
- Department of Corrections;
- Levy County Jail; and
- Leading Community Businesses

The following Levy County CHIP is presented below as goals, strategies and objectives, and the action plans that include key activities, lead roles, community resources, targeted dates for key activities and evaluation measures.

<b>Goal 1 – Foster healthy behaviors in Levy County through the “Healthy Levy” campaign.</b>				
<b>Objectives</b>	<b>Strategy</b>	<b>Action Steps/Performance Measures</b>	<b>Possible Policy Changes Needed</b>	<b>Key Partners and Resources</b>
1.1 – By March 31, 2019, conduct four (4) quarterly area focus meetings in Levy County—areas to include substance abuse and mental health, access to primary care, obesity, and oral health.	1.1.1 – Identify area focus experts to facilitate the meetings.	<ol style="list-style-type: none"> <li>1. Create a list of organizations that address the focus areas.</li> <li>2. Reach out to organizations to facilitate their respective focus area.</li> </ol>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Levy County Prevention Coalition</li> <li>• Meridian Behavioral Health</li> <li>• Another Way</li> <li>• FDOH-Levy</li> <li>• UF-IFAS</li> <li>• Palms Medical Group</li> <li>• QuitDoc</li> </ul>
	1.1.2 – Schedule area focus meetings.	<ol style="list-style-type: none"> <li>1. Schedule planning meetings/conference calls among organizations that will be conducting these meetings.</li> <li>2. Identify times, dates, locations, and attendees for the meetings.</li> <li>3. Create save the dates for invitees.</li> </ol>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Levy County Prevention Coalition</li> <li>• Meridian Behavioral Health</li> <li>• Another Way</li> <li>• FDOH-Levy</li> <li>• UF-IFAS</li> <li>• Palms Medical Group</li> <li>• Levy County School District</li> <li>• QuitDoc</li> </ul>
	1.1.3 – Conduct area focus meeting in Levy County.	<ol style="list-style-type: none"> <li>1. Send invites.</li> <li>2. Assign responsibilities for the set-up and take-down, as needed by the venue.</li> </ol>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Levy County Prevention Coalition</li> <li>• Meridian Behavioral</li> </ul>



## Levy County Community Health Improvement Plan (CHIP) - 2018

				Health <ul style="list-style-type: none"> <li>• Another Way</li> <li>• FDOH-Levy</li> <li>• UF-IFAS</li> <li>• Palms Medical Group</li> <li>• QuitDoc</li> </ul>
1.2 – By June 30, 2018, conduct a Levy County Board of County Commission workshop to educate on the health topics that were highlighted in the Levy County Community Health Needs Assessment.	1.2.1 – Meet with Wilbur Dean from the LCBOCC to discuss possible dates for the Commissioner workshop.	1. Assign a member to meet with Mr. Dean.	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Levy County Board of County Commissioners</li> <li>• FDOH-Levy</li> </ul>
	1.2.2 – Schedule workshops.	1. Identify times, dates, locations, and attendees for the workshop. 2. Create save the dates for invitees.	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Levy County Board of County Commissioners</li> <li>• Levy County Prevention Coalition</li> <li>• Meridian Behavioral Health</li> <li>• Another Way</li> <li>• FDOH-Levy</li> <li>• UF-IFAS</li> <li>• Palms Medical Group</li> <li>• Levy County School District</li> </ul>
	1.2.3 – Develop talking points.	1. Identify health indicators to be highlighted at the workshop. 2. Create a presentation. 3. Assign presenters/facilitators.	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Levy County Prevention Coalition</li> <li>• Meridian Behavioral Health</li> <li>• Another Way</li> <li>• FDOH-Levy</li> <li>• UF-IFAS</li> <li>• Palms Medical Group</li> <li>• QuitDoc</li> </ul>
	1.2.4 – Conduct workshops.	1. Send invites. 2. Assign responsibilities for the set-up and take-down, as needed	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Levy County Prevention Coalition</li> <li>• Meridian</li> </ul>



## Levy County Community Health Improvement Plan (CHIP) - 2018

		by the venue.		Behavioral Health <ul style="list-style-type: none"> <li>• Another Way</li> <li>• FDOH-Levy</li> <li>• UF-IFAS</li> <li>• Palms Medical Group</li> <li>• QuitDoc</li> </ul>
1.3 – By June 30, 2019, increase the number of Healthy Levy partnering organizations from 7 to 100.	1.3.1 - Create an agreement form for partnering organizations to sign.	1. Find similar agreements on the internet. 2. Create an agreement to present to the Levy CHIP Committee.	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Levy County Prevention Coalition</li> <li>• Meridian Behavioral Health</li> <li>• Another Way</li> <li>• FDOH-Levy</li> <li>• UF-IFAS</li> <li>• Palms Medical Group</li> <li>• QuitDoc</li> <li>• City of Cedar Key</li> </ul>
	1.3.2 – Develop packets to give potential partnering organizations.	1. Identify potential partners. 2. Develop Healthy Levy packets tailored to the organizations that will be focused on recruiting.	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Levy County Prevention Coalition</li> <li>• Meridian Behavioral Health</li> <li>• Another Way</li> <li>• FDOH-Levy</li> <li>• UF-IFAS</li> <li>• Palms Medical Group</li> <li>• QuitDoc</li> <li>• City of Cedar Key</li> </ul>
	1.3.3 – Create a marketing strategy.	1. Assign a committee member to create and run a Facebook page. 2. Develop partnerships with local media. 3. Create a schedule for highlighting the Healthy Levy partners.	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Levy County Prevention Coalition</li> <li>• Meridian Behavioral Health</li> <li>• Another Way</li> <li>• FDOH-Levy</li> <li>• UF-IFAS</li> <li>• Palms Medical</li> </ul>



## Levy County Community Health Improvement Plan (CHIP) - 2018

				Group <ul style="list-style-type: none"> <li>• QuitDoc</li> <li>• City of Cedar Key</li> </ul>
	1.3.4 – Recruit potential partners.	1. Assign committee members to recruit potential partners.	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Levy County Prevention Coalition</li> <li>• Meridian Behavioral Health</li> <li>• Another Way</li> <li>• FDOH-Levy</li> <li>• UF–IFAS</li> <li>• Palms Medical Group</li> <li>• QuitDoc</li> <li>• City of Cedar Key</li> </ul>



## Alignment with State and National Priorities

The 2017 Levy County Community Health Improvement Plan has been reviewed for alignment with the following state and national guidelines:

- Florida State Health Improvement Plan 2017-2021 (March 2017) from the Florida Department of Health
- Healthy People 2020 from the United States Department of Health and Human Services
- National Prevention Strategy – America’s Plan for Better Health and Wellness (June 2011) from the National Prevention Council

Each objective under each goal was reviewed to determine where within each of these state or national guidelines the objective was in alignment.

Objective	HP 2020	FSHIP	NPS
<b>Goal 1 – Foster healthy behaviors in Levy County through the “Healthy Levy” campaign.</b>			
1.1 – March 31, 2019, conduct four (4) quarterly area focused meetings in Levy County—areas to include substance abuse and mental health, access to primary care, obesity, and oral health.	Topic: Mental Health and Mental Disorders Objectives: MHMD-4, Topic: Substance Abuse Objectives: SA-2, SA-3, SA-4 Topic: Nutrition and Weight Status Objectives: NWS-2, NWS-6, NWS-11 Topic: Access to Health Services Objectives: AHS-6, AHS-7, AHS-9	Goal: HE2 – Strengthen capacity of state and local agencies and other organizations to work collaboratively with communities to reduce disparities in social determinants of health and advance health equity.	Strategic Direction: Empowered People, Page 22 Strategic Direction: Elimination of Health Disparities, Page 25 Strategic Direction: Preventing Drug Abuse and Excessive Alcohol Use, Page 31
1.2 – By June 30, 2018, conduct a Levy County Board of County Commission workshop to educate on the health topics that were highlighted in the Levy County Community Health Needs Assessment.	Topic: Mental Health and Mental Disorders Objectives: MHMD-4, Topic: Substance Abuse Objectives: SA-2, SA-3, SA-4 Topic: Nutrition and Weight Status Objectives: NWS-2, NWS-6, NWS-11 Topic: Access to Health Services Objectives: AHS-6, AHS-7, AHS-9	Goal: HE2 – Strengthen capacity of state and local agencies and other organizations to work collaboratively with communities to reduce disparities in social determinants of health and advance health equity.	Strategic Direction: Empowered People, Page 22 Strategic Direction: Elimination of Health Disparities, Page 25 Strategic Direction: Preventing Drug Abuse and Excessive Alcohol Use, Page 31
1.3 – By June 30, 2019, increase the number of Healthy Levy partnering organizations from 7 to 100.	N/A	N/A	Strategic Direction: Empowered People, Page 22